

SPRING 2018 Newsletter

Issue 36



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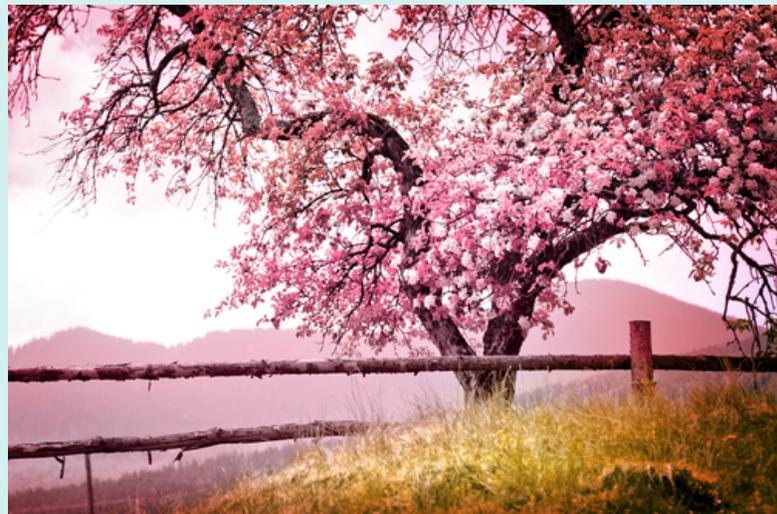
Quarterly QUOTE



"Springtime is the land
awakening. The March
winds are the
morning yawn."

~ Lewis Grizzard

New Patient

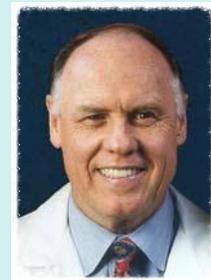


A Note from Dr. McBride

"The day the Lord created hope was probably the same day he created Spring." ~ Bern Williams

So, what do Springtime and dentistry have in common?

Spring is a season of renewal, and all during the year we see renewals through newly developed health and smiles that unlock and awaken subdued personalities through new confidence reflecting itself in the reactions of others. I believe this represents Springtime at its very best!



In The News

Bodily pH - How it is Involved in the Disease



[Interested in more information on how to get started? Click here>>>](#)

TESTIMONIALS



"As always, friendly and excellent service. Thanks!"
- *Koko F.*

~ ~ ~

"I'm never seeing another dentist except you. You're the best of the best!! Thank you for your gift of beautiful art and your honesty."
- *Joyce B.*

~ ~ ~

"As a perpetual chicken when it comes to going to the dentist, I have to say my experience is always great at the McBride dentist. Opening the door to the dental office is not like I expected. You enter into a very calming atmosphere, much like a living room in someone's home. This time I was there for teeth cleaning. I was not my usual nervous "I am at the dentist" self. The place just has a calming effect on me. From the "elevator music" and the fish tank and felling like I am visiting a friends home. The best part is being treated like someone who matters. The staff is very attentive and knowledgeable. I left, after my teeth cleaning, with a good feeling. My teeth were

Process, and How to Modify it

Robert P. McBride, D.D.S., M.A.G.D.

As a health-centered practice, the Dental Wellness Center's mission is primarily patient education, an essential element of a health development process between a wellness health practitioner and patient. The goal is to discover the cause of a disease condition with the assignment of mutual responsibilities on the part of both practitioner and patient to gain a desired level of health. I can think of no more important area of health relative to the mouth-body connection than that of pH - a measurement of the relative acidity/alkalinity of the body. As the mouth is part of the body, the state of its health can both affect and be affected by that of the rest of the body - a reciprocal effect.

It is hurtful to see young parents enter the Center whose children have rampant tooth decay, seeking second opinions other than recommendations of fillings, root canals and crowns along with general anesthesia. These are immediate problems that may be able to be dealt with in another fashion, but more importantly, if their cause is understood and dealt with, the tide can be reversed. Most often, when we test these children's pH, it turns out to be acidic. We also see new adult patients with bleeding gums and bone loss around their teeth that have been to the dentist regularly and exhibit excellent self-care with an acidic pH, and patients who don't floss or know how to use a tooth brush with healthy gums - with a neutral or slightly alkaline pH.

Disease Definition

The origin of the word 'disease' is dis - ease: to not be at ease and harmony. Most medical practitioners have forgotten this, and they merely participate in what is essentially chemical warfare against the symptoms of bodies at dis-ease.

Bodily pH and Disease

At the chemical level, pH stands for potential of hydrogen. pH is a measure of hydrogen ion concentration; a measure of the acidity or alkalinity of a solution. Aqueous solutions at 25°C (77°F) with a pH less than seven are acidic, while those with a pH greater than seven are basic or alkaline. The pH scale is: zero to 6.9 being acidic and 7.1 to 14 being alkaline. The body tries to maintain a pH of 7.2, which is moderately alkaline.

A Look At pH Chemistry

An acid has many hydrogen ions, while an alkali has few hydrogen but many oxygen ions. Let's do some easy chemistry to see where the oxygen in an alkali comes from:

1. A water molecule contains two hydrogen and one

clean and I had a wonderful experience, as if I had just been visiting with some friends who truly cared about me. The best part is knowing that my dental health is in very good care. I would not hesitate to recommend Robert P. McBride D.D.S. to anyone."
- David S.

"Great appointment with Janell. Dr. McBride's dental hygienist. Normally I have a lot of anxiety even for teeth cleaning due to sensitive areas, but she did amazing and was gentle too."
- Jeanne O.

"Always so very professional and warm. Everyone in this office is like family. The ones you like and love!"
- Millicent B.

"Janell did a great job with the cleaning! She educated me how to brush and keep the gums healthy. Dr. McBride called me back the next about a question I had. Great client service!"
- LeeLee L.

"The entire staff went out of their way to take care of my needs. Dr. McBride explained what was going on with my left molar and referred me to a specialist."
- Rose L.

"The staff at Dr. McBride's is very professional."
- Michael L.

"I had a wonderful experience at Dr. McBride's office!!! He and his staff were kind and so gentle.

- oxygen atom; remember H₂O?
- Some water molecules split up.
- Some of these split molecules lose one of their hydrogen ions and thereby become hydroxide ions, or "OH" which are accordingly, oxygen-rich compared to water.
- The hydrogen ions that they lose unite with other water molecules to form hydrogen ions, or H₃O, which are accordingly hydrogen-rich and oxygen-deprived.
- An alkali has lost many hydrogen ions and therefore contains a lot of oxygen-rich hydroxide (step 3 above). Mix it with your blood, and your blood will also contain a lot of oxygen-rich hydroxide.
- An acid has gained hydrogen ions that it wants to donate (step 4 above). Mix it with your blood and your blood becomes a hydrogen-rich oxygen-deprived acid.

We're mostly Water

Seventy percent of the human body consists of water, which makes it especially sensitive to the balance between hydrogen and hydroxide ions in your food and drinks. You can therefore bring about large shifts in your body's acid or alkaline levels through your choices of which foods to consume.

Acidosis Is the Enemy Understanding It and How to Control It

Hyperemia Hypoxia Acidosis

Hyperemia is a condition wherein the arterial blood is low in oxygen; therefore insufficient oxygen is distributed into the tissue cells, causing hypoxia (tissue oxygen deficiency), leading to bodily acidosis (low bodily pH) and inflammation. With the low amounts of oxygen that are seen with extreme acidosis, cells must use fermentation for energy in lieu of oxygen, and this transforms healthy cells into cancer cells. The transition into cells that live from energy that is derived from fermentation is actually part of a survival response. Whenever there is oxygen depletion, there may be an excess of cancer cells that may form into tumors. This cancer is no disease in itself, but merely a troubling symptom that the body's immune system can no longer regulate itself because external forces have overwhelmed it. The cause may be vitamin and mineral depletion, illnesses, extreme stress, chemical carcinogens, unhealthy (chemically altered) fats and oils, or a lack of omega-3 oils, pharmaceuticals, or lack of sleep or not enough oxygen during sleep (Sleep Disordered Breathing). Diet usually plays a huge role in making a person acidic as well, and therefore oxygen depletion; especially the synthesized food products that are ironically marketed as healthy alternatives to natural fats and oils.

Finally...I will finally look forward to my dental appointments."

- Jennifer S.

"I am learning so much about my dental health and how to take care of my teeth/mouth!"

- Karla B.

"He is very thorough and seems very interested in my overall dental health. I was very impressed he spent as much time and was very detailed in his examination of me. I am eagerly waiting for my second visit where we will review his findings of my thorough examination and coach me on treatments."

- Mark S.

"When I came to Dr. McBride a few years ago, I had several fillings, crowns and root canals. Since then my teeth have been much healthier. But a few days ago, part of my tooth broke off on a tooth with a partial crown. I was afraid the crown would have to be replaced, but Dr. McBride saved the crown and also saved me a lot of money. I can't even tell that anything was done to my tooth!!! He's great!!!"

- Ann R.

"My husband and I are so happy to have found Dr. McBride. He not only put our minds at ease but he has made us feel more in control of our dental health. We both walked away from our visits having much more knowledge about what is going on with our teeth. If you go to Dr. McBride, you will be in good hands!"

- Olya B.

Acidosis and our Immune System

Acidosis is now being shown to be related to an over-taxed immune system, for it is known that in sickness, the human body is always acidic. The orthodox establishment considers acidosis to be a symptom of whatever disease happens to be present, instead of considering that acidosis could be the root cause of multiple disease states. The utter lack of success in curing cancers may be due in part to a fundamental misunderstanding of these relationships.

Acidosis and Inflammation

Acidosis is related to inflammation, which is a natural protective response by the body. It can be beneficial in some instances as with a cut finger - the inflammatory process helps to block harmful microorganisms and repair the wound - but lasting inflammation can be very harmful to the body. Chronic inflammation produces continual free radicals that can potentially damage DNA, speeding the aging process and contributing to disease.

pH and Bodily Healing

Unless the body's pH level is slightly alkaline, the body cannot heal itself. You cannot improve your oral or general health until pH levels are above 7. Most all drugs and medications (over the counter & prescription) are toxic and can cause the pH to be acidic as well. Acid decreases the body's ability to repair damaged cells, decreases the ability to get rid of heavy metals and it makes the body more susceptible to fatigue and illness. Everything pivots on a balanced pH. When bodily pH drops, enzymes are deactivated, digestion is interrupted; vital nutrients are not effectively assimilated. Disease cannot survive in an alkaline state; however, in a low oxygen/low pH (acidic) state, viruses, bacteria, yeast, mold, fungus, Candida and Cancer cells all thrive.

If a body is made too acidic by factors such as diet, toxins, and inadequate respiration, then things no longer work as they are supposed to. Excessive acidity impairs the immune system which is the core of life itself. When the immune system is compromised, the body loses its ability to alkalize itself, and then the body loses its ability to absorb oxygen effectively.

To continue reading this article, click on the link below and further understand the causes of pH acidity and what you can do to become healthier and more alkaline.

[READ ON...Click Here](#)

- **Nobel Prize Winners Warburg & Bohr**
- **Advantages of an Oxygen-Rich Alkaline Body**
- **Causes of a Low pH**

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"The hygienist showed me the correct way to floss and brush. She educated me on ways to obtain better oral health."

- *Andonetta T.*

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"I was very pleased with my first visit. Dr. McBride's approach to dental care makes a lot of sense and I look forward to my next visit."

- *John D.*

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"The office staff is caring, efficient, well informed, and highly professional. Dr. McBride is personally concerned with providing par excellence holistic and individualized dental care to each patient with leading knowledge in the industry. I just cannot say enough about my positive experience at his dental office. Thank you!"

- *Anonymous*

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"Always a great experience."

- *Anonymous*

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"A wonderful team of professionals. I felt very at ease with the work I had done and also look forward to my future mercury extractions!"

- *Hannah S.*

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"Dr. McBride is a caring and knowledgeable person. His office and staff are top-notch. I am glad I found his practice."

- *Dannette M.*

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"Very informative and educational first visit. Everyone in this establishment who I had

- **Tooth Decay and Gum Disease**
- **Nutritional Suggestions (pH Food Chart Included)**
- **Sleep Disordered Breathing**

## INFORMATIVE VIDEOS

TMJ Patients share their experience with Dr. McBride at the DWC



Patient - Linda Money



Patient & Staff Member  
Janell Leanillo, Dental Hygienist

the pleasure of meeting was extremely kind and patient with all my questions. Robert McBride is a talented and innovative dentist who wants to heal the cause of his patients dental woes rather than just what appears at the surface. I would recommend him to anyone who wants to improve their oral and physical health."

- Anonymous

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"I recently removed the mercury in my teeth and the whole process with Dr. McBride was excellent. I received tons of information and was thoroughly educated before the procedure. Dr. McBride takes great care to ensure his patients don't deal with any unnecessary pain or discomfort. The Novocain shot he gave me was probably the easiest and most painless shot I've received from a dentist. The mercury procedure went well with little to no pain. I felt I was in good and safe hands the entire time. The entire staff is very friendly and professional. I highly recommend anyone to visit Dr. McBride if you really want to maintain a healthy lifestyle and real dental care."

- Shukry C.

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"I know so many people who complain about going to the dentist and I don't understand why they haven't found the right dentist. Dr. McBride has been my dentist for over 20 years... knowledgeable (continuing dental education is his mantra), friendly, kind and concerned for the well being of his patients. His hygienists are well trained, attentive and attuned to the



Patient - Patty Ortloff



HAPPY BIRTHDAY  
Dr. McBride!  
March 16th



## SOCIAL MEDIA FUN

Janey staying healthy at the DWC!

needs of the patient. I'm proactive about mouth maintenance and Dr. McBride and his staff partner with me to stay healthy and happy and minimize any dental problems that might occur.

- Anonymous

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 Like us on Facebook

Follow us on 

View our videos on 

View our profile on 

CPR at the Dental Wellness Center



Always Prepared



Warren is thrilled to be on the road to Mercury Free!



Everly is receiving her first SDF treatment and she is happy!



Ossie was gifted a DWC Valentine rose.
She has been a patient for more than 35 years!



Swaim family keeping healthy at the
DWC on Valentine's Day ♥



Ben and Jack Carson enjoying
the fish at the DWC.



Johnny and Janelle Baek
brother and sister at the DWC



The Moore family from Wildomar
taking turns visiting Janell our hygienist.



Petey & James Stone at the DWC.
Petey had a SDF treatment.
No drilling!



Ahlem was happy to see us today at the DWC!



Harrison's first hygiene appointment and our youngest patient at the DWC!



It's a family affair with the Waterman's at the DWC!



The Montgomery Family enjoying the aquarium at the DWC



Everly's 1st appointment feeling relaxed



Petey is getting a SDF treatment with family support!
No drilling to stop decay.



Quinn is a new patient at the DWC!



The Weiertzema and Unger cousins are part of the DWC family!



Thank you for your participation in reading the latest news from Dr. McBride's office. The Dental Wellness Center Staff look forward to

seeing you soon! Don't forget to stop by and see what's new at the DWC!

Warm regards,

Leanne Sabo

Dr. McBride's Office



[Click here](#) for the story behind my SMILE :-)
(left side of page)

Dr. McBride's Dental Wellness Center - the Holistic Approach to Mind-Body-Healthy

